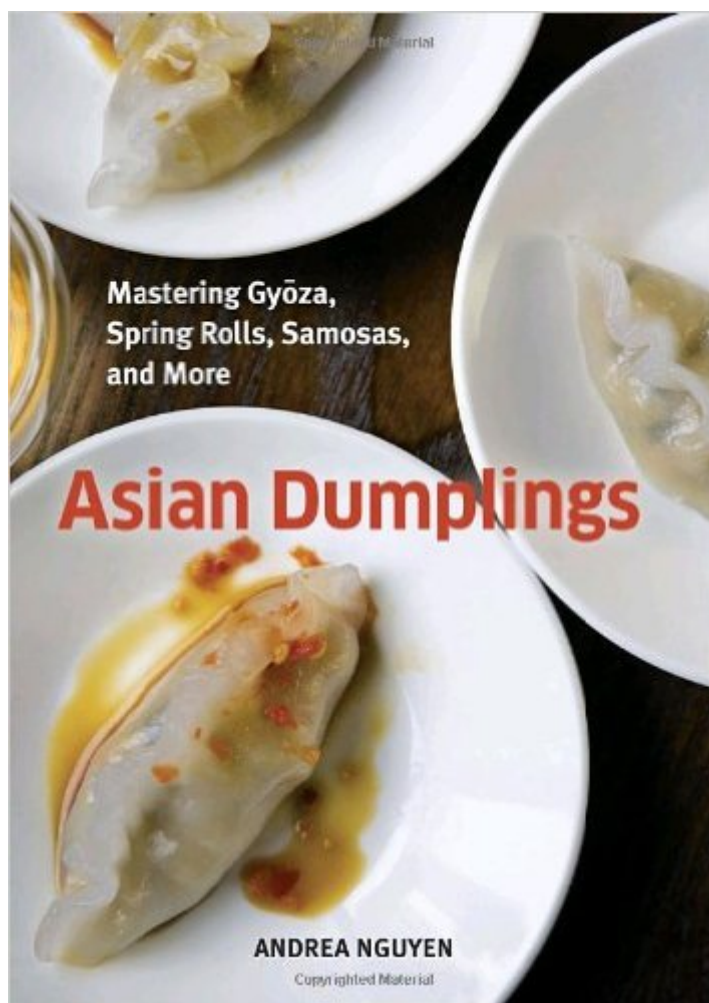


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# Asian Dumplings: Mastering Gyoza, Spring Rolls, Samosas, And More



## Synopsis

Is there anything more satisfying than a well-made Asian dumpling? Plump pot stickers, spicy samosas, and tender bāo (stuffed buns) are enjoyed by the million every day in dim sum restaurants, streetside stands, and private homes worldwide. Wrapped, rolled, or filled; steamed, fried, or baked—Asian dumplings are also surprisingly easy to prepare, as Andrea Nguyen demonstrates in *Asian Dumplings*. Nguyen is a celebrated food writer and teacher with a unique ability to interpret authentic Asian cooking styles for a Western audience. Her crystal-clear recipes for more than 75 of Asia's most popular savory and sweet parcels, pockets, packages, and pastries range from Lumpia (the addictive fried spring rolls from the Philippines) to Shanghai Soup Dumplings (delicate thin-skinned dumplings filled with hot broth and succulent pork) to Gulab Jamun (India's rich, syrupy sweets). Organized according to type (wheat pastas, skins, buns, and pastries; translucent wheat and tapioca preparations; rice dumplings; legumes and tubers; sweet dumplings), *Asian Dumplings* encompasses Eastern, Southeastern, and Southern Asia, with recipes from China, Japan, Korea, Nepal, Tibet, India, Thailand, Vietnam, Singapore, Malaysia, Indonesia, and the Philippines. Throughout, Nguyen shares the best techniques for shaping, filling, cooking, and serving each kind of dumpling. And she makes it easy to incorporate dumplings into a contemporary lifestyle by giving a thorough introduction to essential equipment and ingredients and offering make-ahead and storage guidance, time-saving shortcuts that still yield delectable results, and tips on planning a dumpling dinner party. More than 40 line drawings illustrate the finer points of shaping many kinds of dumplings, including gyōza/pot stickers, wontons, and samosas. Dozens of mouth-watering color photographs round out *Asian Dumplings*, making it the most definitive, inviting, inspiring book of its kind.

## Book Information

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## Customer Reviews

Nguyen, author of *Into the Vietnamese Kitchen*, celebrates a wide array of dough-wrapped treats from China, Vietnam, Japan, Philippines, India and Korea in this lavishly photographed homage to the not-so-humble dumpling. She divides her treasure trove of recipes by dough type, including filled pastas, thin skins, stuffed buns, rich pastries and more. Japanese pork and shrimp pot stickers, Filipino chicken and egg buns, and spicy potato samosas whet the appetite and show the diversity of the offerings she provides. Line drawings highlight shaping techniques to make half-moons, pea pods, crescents and footballs. Nguyen includes recipes for making dough and wrappers from scratch, including rice sheet batter, wheat starch dough and basic dough, among others. She also showcases dessert dumplings such as fried banana spring rolls, and milk dumplings in cardamom and saffron syrup. Sections on sauces, seasoning and stocks, key ingredients and essential equipment round out a superb collection. This alluring and attractive book will appeal to a wide audience of home cooks and trained chefs. 75 full-color photos. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

IACP Cookbook Award finalist One of NPR's Best Cookbooks of 2009â œlf it's a small, succulent parcel encased in dough, pastry, batter, or leaves from anywhere between India and Polynesia, you'll find a recipe and crystal-clear instructions for making it with Andrea Nguyen's *Asian Dumplings*.â •â "Cooking Light, Favorite Cookbooks, 2010" Nguyen, author of *Into the Vietnamese Kitchen*, celebrates a wide array of dough-wrapped treats from China, Vietnam, Japan, Philippines, India and Korea in this lavishly photographed homage to the not-so-humble dumpling. She divides her treasure trove of recipes by dough type, including filled pastas, thin skins, stuffed buns, rich pastries and more. Japanese pork and shrimp pot stickers, Filipino chicken and egg buns, and spicy potato samosas whet the appetite and show the diversity of the offerings she provides. Line drawings highlight shaping techniques to make half-moons, pea pods, crescents and footballs. Nguyen includes recipes for making dough and wrappers from scratch, including rice sheet batter, wheat starch dough and basic dough, among others. She also showcases dessert dumplings such as fried banana spring rolls, and milk dumplings in cardamom and saffron syrup. Sections on sauces, seasoning and stocks, key ingredients and essential equipment round out a superb collection. This alluring and attractive book will appeal to a wide audience of home cooks and

trained chefs. 75 full-color photos." (Oct.)

“Publishers Weekly”

“Until I began cooking from this remarkable book I had no idea that preparing Asian dumplings was so easy and so satisfying. Andrea Nguyen’s latest work is authoritative, fun, and filled with recipes that yield insanely delicious results.”

“James Oseland, editor in chief of *Saveur* and author of *Cradle of Flavor*

“I was truly excited when I first picked up this book, a feeling that quickly turned to awe. Andrea Nguyen introduces you to Asian dumplings you never knew existed, makes you feel that you can’t live until you try them, then takes your hand and, in admirably lucid detail, shows you exactly how to make them. *Asian Dumplings* is destined to become a classic—it’s already an instant must-have for any Asian food lover.”

“John Thorne, author of *Outlaw Cook* and *Mouth Wide Open*

“Andrea Nguyen has done a remarkable job of guiding us through the world of Asian dumplings, sharing their history and evolution and providing plenty of user-friendly recipes. This beautiful cookbook will make you want to throw a dumpling-making party every time you turn the page.”

“Corinne Trang, author of *Essentials of Asian Cuisine* and *Noodles Every Day*

“Andrea’s humor, enthusiasm, and comforting pragmatism make me want to bolt into my kitchen to knead and roll and wrap and steam and bake and fry and, best of all, gobble. This book will make you very, very hungry.”

“Niloufer Ichaporia King, author of *My Bombay Kitchen*

“*Asian Dumplings* is full of inspiration for vegetarians and non-vegetarians alike. Samosas, lumpia, pot stickers, momo, gyōza, wontons, and bō in one volume? And diagrams for all the folding techniques? Thank you, Andrea.”

“Heidi Swanson, author of *Super Natural Cooking*

I made at least 10 recipes in the first two weeks of having this book. Every single one of them was delicious! My son said that the sesame balls tasted like the ones we used to get on weekends at our local Asian market (when they weren’t sold out). I’m still within working on improving my shaping skills, meantime, even the ugly ones are delicious. I can’t tell you how many pounds of char siu pork I’ve made, along with scores of steamed buns. My boys would eat them as fast as I made them. I finally made a double batch and froze them. I had to hide them in the freezer. The pork used is also great on bagels with cream cheese. A side bonus is that I’m finally using my old tortilladora. I bought it on about ten years ago. It was pretty inexpensive, but made some of the dumpling wrappers much easier to make. It’s definitely worth the small investment if you’re going to make dumplings. I ended up raving about the book so much that my friend’s mother is ordering her own copy when she gets back home to Toronto.

This cook book is amazing. A gentleman loaned me his copy and after 20 minutes pursuing it, I ordered it. This book is the only one you need to make all manner of dumplings. You are guided through making your own dough wrappers. (Hint: if you want a small enough rolling pin, in Asian Markets it is called a "Noodle Stick," not a rolling pin.) The neophyte dumpling cook is guided through, step by step, for everything from Bao to Gyozas. And, what are dumplings without dipping sauce you say? Well there are plenty of authentic sauces in the book. You are also taught, step by step, how to properly pleat and form specific dumplings so they match tradition.

I love bao, I love dumplings and gyozas, pretty much anything flavorful wrapped in a tasty pastry. To me this is an outstanding treatise on how to make, stuff, form, and cook some of my favorite foods in the world. Literally, in the world. The directions are clear, concise, accurate and detailed enough to insure a correct, finished, tasty product. The book is well laid out, easy to read and has enough interesting comments and sidebars to keep your attention. The photos and illustrations work well and really help you to visualize what you are trying to create. Above all, the recipes work, are flavorful and lead you into making a whole lot more of these dumplings than you ever thought you'd make because once you have the basics down you start playing with the stuffing mixtures and creating some amazing food!

LOVE LOVE LOVE this book. I've tried many of Andrea Nguyen's recipes off her website, buying this book was a great decision on my part. The recipes are excellent and turn out results better than I'd imagined I could ever do. Yes, it takes practice, but I seem to have no trouble finding help eager to gobble down my trials, mistakes and experiments. Always tasty, even when not very pretty :-). This book has given me a LOT of confidence in my quest to learn dim sum techniques, and I am honestly surprised how simple some of the most expensive restaurant dishes are to make. Did I say LOVE LOVE LOVE???

I'd come across Andrea from another website (101 cookbooks) regarding Vietnamese cooking when I found out she had just published a book on dumpling. Growing up in Hong Kong, I've always loved the dumplings from dim sum and curbside food stands. I've always wanted to make my favorite dim sum items at home (e.g., siu mai, har gow, char siu bao). Andrea's recipes are well-written and accessible, even providing tips on which brands of Asian ingredients to buy. I've tried other recipes online for the shrimp dumplings (har gows), but Andrea's recipe has come out the best. I'm still trying to perfect that dumpling skin (i.e., get it a thinner) but the first try came out great nevertheless.

I have easy access to commercial wonton skins in Philly so I just used those for my siu mai. The best recipe so far has been the steamed buns. I've used two types of fillings so far - 1) pork and picked cabbage; 2) homemade char siu (from Gourmet cookbook). While the buns aren't as bleached white as the ones at the restaurants, I found the texture to be just as soft. They also freeze very well. I just pop the frozen ones into the microwave for a minute still in plastic wrap, and they taste like they were freshly steamed. I haven't worked my way through the rest of the cookbook yet, but the taro dumplings, another dim sum favorite, will be next on my list.

I got this book out from the library and liked it so much I bought my own copy after the due date passed and I was still reluctant to return it. The recipes are clearly written, and the two I have tried so far were delicious. But even better is the excellent informational section on shopping for ingredients. I love my local asian grocery store and have shopped there frequently for years, but as a white girl without any of the relevant languages, my explorations have been a bit hit or miss. The hits I got were great, but this book opened up whole new categories of ingredients to me and it is wonderful. Ms. Nguyen even gives brand recommendations and includes label pictures and descriptions which is so helpful! Wonderful book!

Thought I'd reviewed already! I'm on my second copy. The pages are splattered already. Love it and have only done about 1/4 of the recipes so far. I teach mostly beginning cooks and dumplings are often requested. Always recommend Andrea's book.

Bought this for the instructions on lumpia skins (done by swiping the dough ball against heated nonstick skillet). She knows her stuff.

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